



TRAFFIC
PSYCHOLOGY
INTERNATIONAL

20 years of experience in driver improvement courses in Belgium

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Belgian Road Safety Institute

BRSI Belgian Road
Safety Institute





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Context

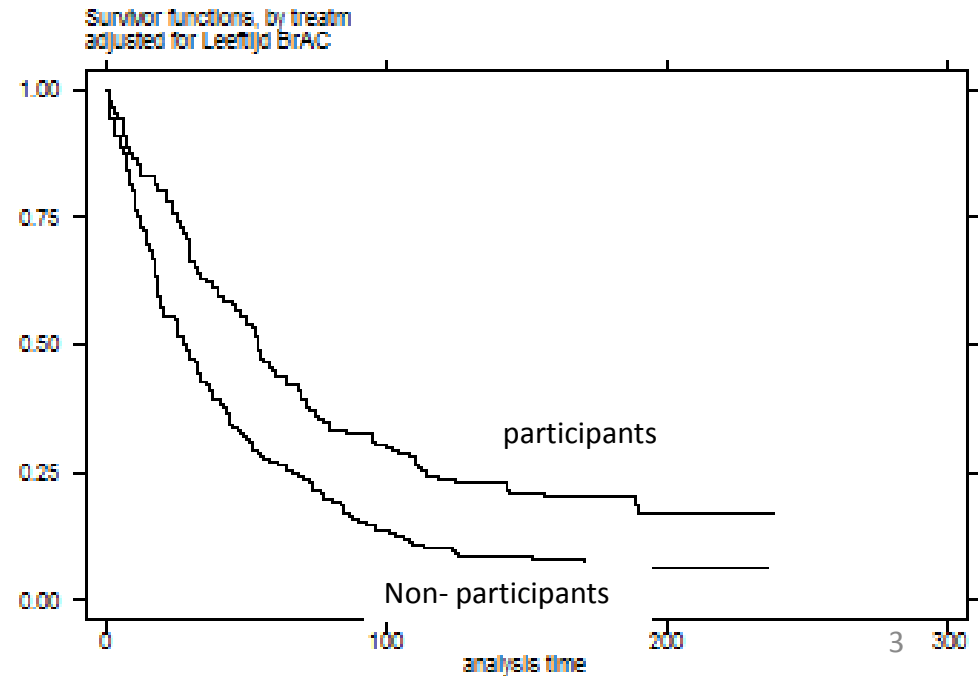
- Law on probation: ‘a course as an alternative for a fine or an imprisonment’
- The judge decides / offender can refuse
- A possibility for all kind of (traffic) offences
- No specific criteria: first offenders, recidivism, ...
- Problem: long time after offence (1 to 2 years) !



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History

- Started in 1995
- One general course of 20 hours divided in 4 sessions
- Evaluation studies in 2000
 - Recidivism rates (DUI) survival analyses





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History

- Started in 1995
- 1 general course of 20 hours divided in 4 sessions
- Evaluation studies in 2000
 - Recidivism rates (DUI) / survival analyses
 - Questionnaires studies: ‘more aware of own responsibility’
 - Evaluation by the participants: ‘more meaningful’ / ‘more insight’ / 60% could give a real concrete intention for changing.
- Collaboration EU-studies : Andrea / Druid





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Changing our approach

1) Differentiation



Speeding



Drunk driving



Mopeds



Driving & ill.
drugs



Road rage

2) Changing our methodology



Changing our methodology

1) Information & knowledge → ***"I am a risky road users"***

"I know"



"but"

- *Everybody does ...*
- *Until now I had no problems ...*
- *There are more severe offences than drinking ...*
- *There is no other solution ...*
- *The police and the Judges do just the same ...*
- *I may have at least one sin ...*



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Changing our methodology

2) General discussion on attitudes and risks → ***“what is the risk for me (and my family)?”***



MY JOB

MY FAMILY

MY FREE TIME

MY SELF





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*I loose my job
How explain it to my boss?
Ask colleague to pick me
up...
Take a bike
What would my colleagues
think of me?
Wake up earlier...
No promotion possible*

MY JOB

*My wife must do all the
trips
I will hear 'it' everyday!
My parents would be very
disappointed!
I even can't take care of my
sick parent!
My children would be
confronted with bad
remarks.*

MY FAMILY



*Less money to spend
No vacation this year... and
the next...
Ask friends to pick me up
Stop for a while with my
hobby
Less social contacts*

MY FREE TIME

*Shame...
Feeling guilty
Less independent and that
is a terrible feeling
Financial problems
Angry at myself*

MYSELF

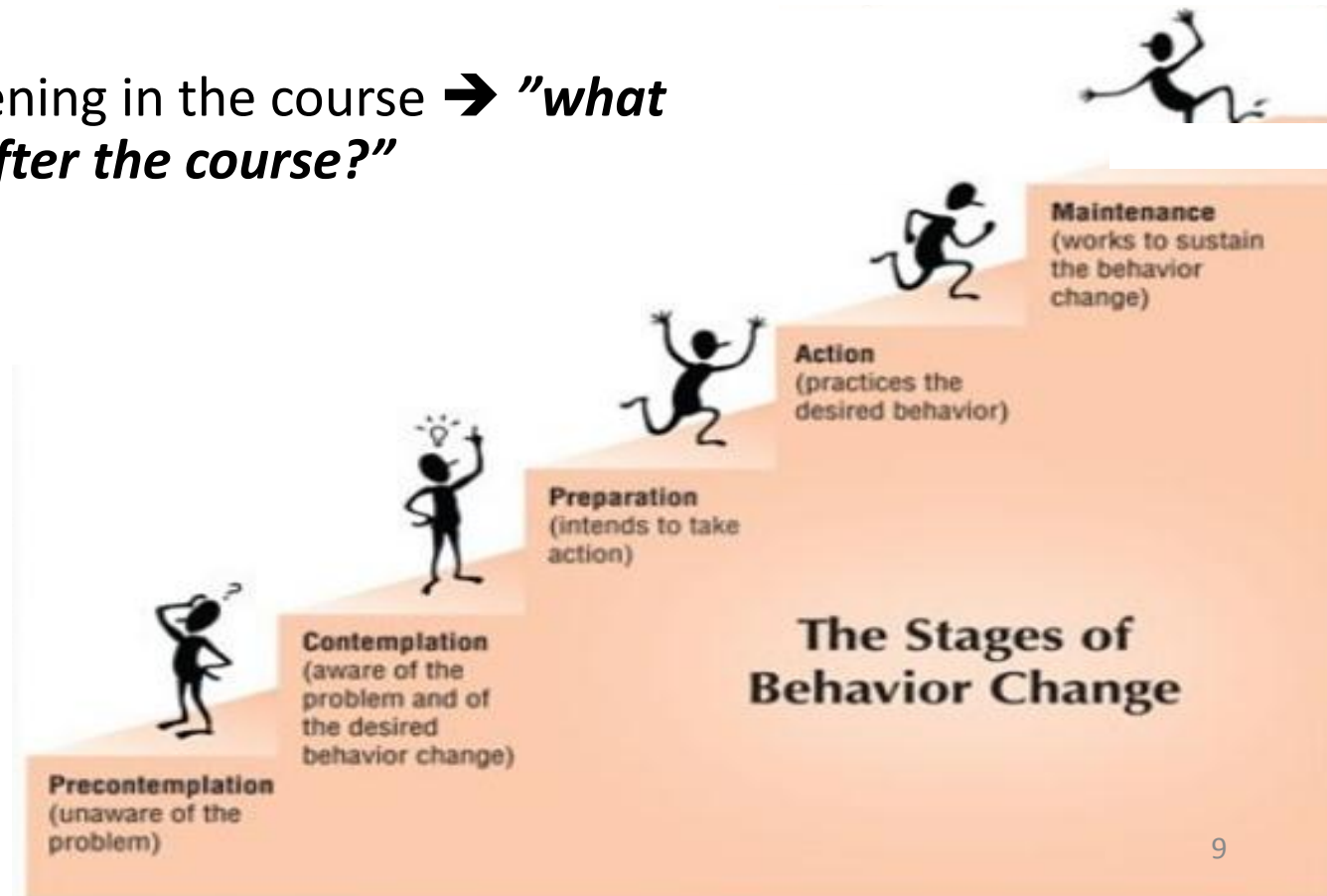




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Changing our methodology

3) What is happening in the course → ***“what will happen after the course?”***

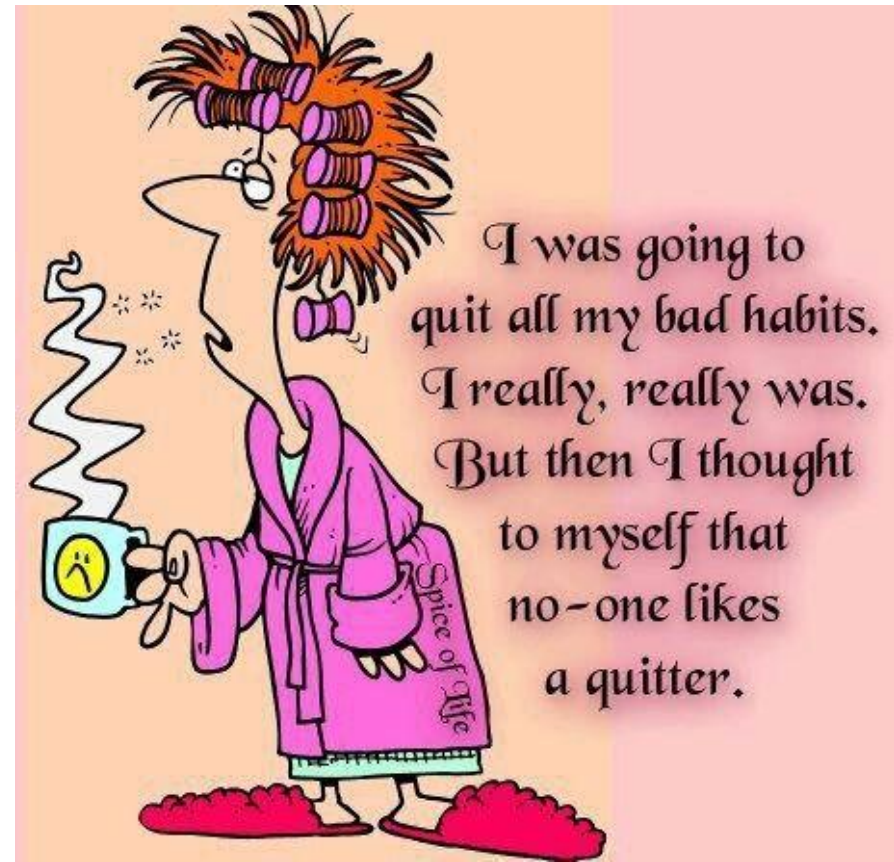




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Changing means...

- Inhibit the 'old' habit
- Learn new ways of dealing with the situations
- Gain 'satisfaction' with the new 'habit'





Thank you for your attention.
Good luck!

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